



Do you have  
a child with a  
disability?

## Caring for the Carer—Stress Reduction Workshops

### Workshop Series

Join us to learn coping skills that have been shown to reduce stress and anxiety. Participants are expected to attend **both** in-person sessions.

- ◆ **Saturday, March 7 (in-person)**
- ◆ Week of March 14 (online)
- ◆ Week of March 21 (online)
- ◆ **Saturday, March 28 (in-person)**

*The Series Is Offered Free of Charge*

**Arlington High School  
1157 Route 55  
Lagrangeville, NY 12540**

**10:30 a.m. – 2:30 p.m.\***

*\*Lunch will be provided.*

*Facilitated by:*

- **Fiona Rattray**, Parent Training & Information Center Specialist, Putnam Independent Living Services
- **Jane Zaibek**, Health & Wellness Chair, Taconic Region PTA

### Recommended Audience:

Families of children and adults with developmental disabilities

### Sponsored by:



Content provided by the ProActive Caring Project, Center on Aging and Disability Policy, Mount Saint Mary College

This initiative is funded by the New York State Developmental Disabilities Planning Council

## RESERVE YOUR SPOT TODAY!

Register: [www.msmc.edu/proactiveFC](http://www.msmc.edu/proactiveFC) | Questions: [frattray@putnamils.org](mailto:frattray@putnamils.org) or 800-691-3980

*ProActive Caring draws on Mindfulness Based Stress Reduction from the Vanderbilt-Kennedy Center for Excellence in Developmental Disabilities*